

PREGNANCY/PARENTING RESOURCES

NAVY MARINE CORPS RELIEF SOCIETY

Marine Corps Base
400 McHugh Blvd
Camp Lejeune, NC 28547-2519

Phone: (910) 451-5346

Well Baby Clinic

The Well Baby Clinic offers military families an opportunity to meet with Navy-Marine Corps Relief Society's Visiting Nurses to have their children weighed and measured, get answers to health questions or concerns, and socialize with other parents. After meeting with the Nurse, families are encouraged to browse new and/or gently used infant and toddler clothing to take home FREE of charge. Pregnant mothers are encouraged to come as well, as we have gently used maternity clothing as well.

All patrons must show valid military ID.

When: 1ST Tuesday Monthly from 10 am to 12 noon

Where: **MCCS – Tarawa Terrace Community Center**

When: 2ND Tuesdays of each Monthly from 10 am to 12 noon

Where: **Watkins Village (AMCC) Community Center**

Visiting Nurse Program

*Home Visits

*Parent Education

*Resource Information

*Breastfeeding Help / Certified Lactation Counselors

Budget for Baby

Budget for Baby: Learn budgeting techniques & impact a baby has on a family's finances.

A free Layette is available to eligible Active Duty or retired USMC/USN personnel and their family members.

The Layette contains brand name infant items such as crib sheets, onesies, blankets, hooded towel, and a handmade afghan.

1st & 3rd Friday of each Month – 9:30am – 11:00am.



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Bldg 40, Brewster Rd, Camp Lejeune 910-451-4394

Bldg AS-112, Bancroft St., New River 910-449-5251

EFMP helps active duty service members with managing the special needs of a family member. Enrollment in the program is mandatory for active duty personnel with family members with special needs (MCO P1754.4B).

Who qualifies for EFMP?

An exceptional family member (EFM) must be enrolled in DEERS and MCTFS and have a diagnosed physical, intellectual, or emotional need that requires specialized medical or educational services.

What is the goal of EFMP?

The program ensures the sponsor is assigned to a duty station where services exist to support their EFM.

EFMP Family Case Workers are available to:

- Guide members through the enrollment process
- Connect families to medical, educational, and community services
- Advocate for families with special education needs
- Provide resource, referral, and support throughout PCS transitions

CHILD CARE

CHILD DEVELOPMENT PROGRAMS AVAILABLE THROUGH CHILDREN, YOUTH & TEEN PROGRAMS (CYTP)

Contact Resource and Referral at 910.450-0553/0554/0555 or at 910-440.6226

*Child care information & referrals, assistance in locating appropriate, affordable, and accessible child care, information on hourly care, assistance in selecting center or Home-Based Care, information on School-Age Care (SAC) Program, Part-day Preschool and Toddler Play Group, and assistance with Emergency Care.

PEERS FAMILY DEVELOPMENT CENTER

151 Chaney Avenue

Jacksonville, NC 28540

(910) 333-9725

- Free Drop In childcare Mondays, Wednesdays and Fridays from 9:00am to 1:00pm ages 6 weeks – 5 years. One visit per week.
- Parenting Classes to help with all age children.
- Bring copy of shot record or they will make a copy.

For Further Assistance Finding Childcare:

CHILD CARE AWARE – (800) 424-2246 (Press #6 for Military)

www.childcareaware.org. (Up to 16 hours per week)

ONSLOW COUNTY PARTNERSHIP FOR CHILDREN

Jacksonville: 910-938-0336 ~ Monday-Friday 8 am - 5 pm and by appointment

Swansboro: 910-326-4752 & Richlands 910-324-6590: Open Monday 1-5 pm, Open Tuesday-Friday 9 am-12 pm and 1-5 pm, and by appointment.

Sneads Ferry: 910-327-1161 North Topsail Shores Baptist Church
808 Old Folkstone Rd. Sneads Ferry.
Tuesdays and Thursdays 9am-12pm and 1-5pm

- Child care resource and referral
- Daycare subsidy
- Early Head Start
- NC Pre-Kindergarten Program

Young Families Connect

(910) 333-0654 / www.youngfamiliesconnect.org

103 North Plain RD

Jacksonville, NC 28546

For a whole list of resources Visit: www.mccslejeune-newriver.com

Marine Corps Community Services Camp Lejeune &

Marine Corps Air Station New River

WIC (WOMEN, INFANTS & CHILDREN)

- WIC provides foods (at no cost) to low income pregnant, post-partum, breastfeeding women, infants, and children until the age of five.

What does WIC provide

Breastfeeding Support

Healthy Foods

Health Referrals

Eating tips for you and your child

Who is Eligible

Live in a household with income at or below WIC guidelines

Have a health risk factor based on:

°height and weight

°blood test for low iron

°health history

°diet history

Where are WIC offices located in Onslow County

Onslow County Health Department

612 College Street

Jacksonville, NC 28540

NC 28543

Tarawa Terrace

2455 Iwo Jima Blvd

Tarawa Terrace,

The WIC offices are open from 8:00 am to 5:00 pm Monday through Friday and 8:00 am to 8:00 pm on Thursday (Health Department location only).

For information and to make an appointment please call the Health Department at (910) 347-5002 or Tarawa Terrace at (910) 353-0022.

Onslow County Parks and Recreation - County

• Parks and Recreation

1244 Onslow Pines Road

Jacksonville, NC 28540

PH: 910-347-5332

FX: 910-347-4492

• Hours of Operation

Monday thru Friday, 8:00 AM - 5:00 PM

(910) 347-5332 / www.onslowcountync.gov/parks

Jacksonville Recreation and Parks Department - City

Jacksonville Recreation and Parks Department "Commons Rec"
100 Recreation Lane
Jacksonville, NC 28540

(910) 938-5312 / www.jacksonvillenc.gov/recreation

The purpose of the Young Families Connect web site is to:

- Assist both expectant and/or parenting women and men ages 13-24 years old. Young expectant and parenting women and men experience more life challenges than their peers and they and their children are often at high risk for poorer social, educational and health outcomes. Having a healthy pregnancy, staying in school finding employment, obtaining educational success and acquiring effective parenting skills are all critical to the success of parents and their children in our society.

UPDATING DEERS – to update your addresses, e-mail addresses and phone numbers.

Phone: (800) 538-9552

Fax: (800) 831-655-8317

www.tricare.mil/DEERS



NEW PARENT SUPPORT PROGRAM

Bldg 799, behind the Russell Marine & Family Center, Brewster Blvd.

(910) 449-9501/9502

The New Parent Support Program (NPSP) is a professional team of social workers and nurses who provide educational and supportive services to military families.

Our trained, supervised staff has extensive knowledge of the issues encountered by today's parents. These home visitors are sensitive to the unique challenges facing military families.

The NPSP helps families cope with stress, isolation, pre and post deployment, reunions, and the everyday demands of parenthood through a variety of programs.

*Home Visits

*Baby Boot Camp

*Parenting classes